

Recipes for

**Temperance
Drinks**

FOR WINTER
AND SUMMER.

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TRIFLES & SWEETS

WITHOUT ALCOHOL.

Wilkinson & Woodhouse, Bradford.

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RECIPES

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TEMPERANCE DRINKS

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WINTER AND SUMMER.



TRIFLES AND SWEETS

WITHOUT ALCOHOL.

IN bringing out this Booklet in connection with their Exhibit at the Cartwright Memorial Exhibition, the Members of the Branches of the Bradford District Union of the National British Women's Temperance Association think it will supply a long-felt want amongst Temperance people. They are often asked by new members, or those who are not abstainers. "What do you drink, it cannot always be water?" Now, whilst it is almost impossible to over-rate the advantages of pure water, hot or cold, taken internally, or applied externally, they recognise that many people like a drink with a taste in it, so they have compiled this collection of well-tried recipes, being confident that wholesome and harmless beverages may be provided at small cost and with little trouble.

The common use of Alcohol in the preparation of Trifles, Creams, and other Sweets, is felt to be a grave danger to the young; and, therefore, in the hope of discouraging this practice, some excellent substitutes are recommended. There also will be found, for cases of emergency, some valuable recipes, and other useful remedies.

Bradford, May, 1904.

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THIS little book was first compiled and published in the year 1904 on the occasion of the Bradford Exhibition. At the White Ribbon Stall, arranged by the Branches of the Bradford District Union of the National British Women's Temperance Association, it found a ready sale of the edition of 5,000 copies, and was soon exhausted. It has now been thought advisable to republish it, after careful revision and with the addition of a few new recipes. The Committee sincerely hope it may be of use to those good housekeepers who always welcome a new recipe, and to a great number to whom a trial of a non-alcoholic recipe is somewhat of an experiment, and they venture to think, that once tried the result may be so satisfactory that these recipes may rank in future as family favourites.

Bradford. June, 1914.





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TEMPERANCE BEVERAGES.

LEMON SYRUP.

Peel the yellow rind off six lemons with a knife, then peel the white rind off with the fingers (throw this away as it makes the syrup bitter) slice the lemons thinly and put them in a vessel with the peel, crush them with a potato masher, add 2-oz. tartaric acid, 3-lbs. lump sugar, and two quarts of boiling water, stir occasionally, let stand all night, strain and bottle for use. It will keep good for some time; should it become cloudy it is no worse, put a small quantity into a tumbler and fill with hot or cold water, or soda water.

LEMONADE.

2-lb. loaf sugar, boil with one quart of water for five minutes, when cold add 1-oz. citric acid and forty drops of essence of lemon, bottle for use, add water to taste.

GINGERETTE.

Infuse one tablespoonful of cayenne pods in a cup of boiling water for five minutes. Put 1-lb. lump sugar in a jug with 1-oz. citric acid, one teaspoonful essence of lemon, and one quart boiling water, then the cayenne water, strain, colour with a few drops of browning, made from burnt sugar, to the colour of sherry, and it is ready for use; mix with hot or cold water or soda water.

LEMON KALI.

Take 8-oz. sifted sugar, 4-oz. dried citric acid in powder, and $4\frac{1}{2}$ -oz. powdered bicarbonate of potash. Mix thoroughly, and keep in closely-stoppered bottles. Probable cost, 1s. 4d. per lb. A teaspoonful for half a tumbler of water.

LEMON WATER ICE.

Rub the rind of six lemons upon twelve large lumps of sugar, squeeze over them the strained juice, add half a pint of water and a pint of syrup, made by boiling threequarters of a pound lump sugar in threequarters of a pint of water until the sugar is dissolved. Put all together into a jug for an hour or two, then mix, strain, and freeze, in the usual way. Serve in glasses. The ice will be much improved if, when it is beginning to set, the whites of three eggs, beaten to a firm froth and mixed with 6-oz. fine sugar, are stirred into it. The preparation should be left in the ice till wanted.

LEMON WHEY.

Put half a pint of milk into a saucepan, when it boils pour in a tablespoonful of lemon juice; add more if this does not effectually turn the milk. Let it boil up, then put it into a basin to settle; strain and sweeten, and add a little hot water if the whey is too acid to be agreeable. This whey is excellent for inducing perspiration.

BOSTON CREAM.

Put 1-lb. loaf sugar, 1-oz. tartaric acid, and the white of an egg, well beaten, into a jug, pour on one quart of boiling water, stirring briskly until it is thoroughly mixed. When required for use, put one wineglassful into half a tumbler of water, and stir in a small half teaspoonful of carbonate soda.

RASPBERRY ACID.

2½-oz. of tartaric acid dissolved in one quart cold water, poured upon six quarts raspberries which have

been previously crushed with a silver or wooden spoon, let it remain twenty-four hours, strain, and to each pint of juice add $1\frac{1}{2}$ -lbs. fine white sugar, let it stand three days in a cool place, stirring frequently, and skimming any froth off the last day; bottle, and keep in a cool place. It will keep two years.

FRUIT SYRUP.

Dissolve $2\frac{1}{2}$ -oz. tartaric acid in one quart of water, pour over 5-lbs. of fruit, let it stand twenty-four hours, strain, add $1\frac{1}{2}$ -lbs. of fine white sugar to each pint of juice; let it stand twenty-four hours, stirring it occasionally, bottle and seal down the corks. Will keep for years. Gooseberries, blackberries, raspberries, black currants, &c., may be used for this.

LEMON SYRUP.

One pint of lemon juice strained, 3-lbs. lump sugar, let it boil till clear, stirring all the time, and adding a breakfast cup full of water to prevent it being too thick. The juice of one dozen lemons will be about a pint.

GINGERADE.

One quart boiling water poured on $1\frac{1}{4}$ -lbs. loaf sugar, and 1-oz. citric acid, let this get cold and the sugar dissolved, add one teaspoonful essence of ginger, and one teaspoonful of tincture of capsicum, colour with a little burnt sugar; use one or two tablespoonfuls to a tumbler of water, hot or cold.

PEPPERMINT CORDIAL.

1-lb. loaf sugar, one pint boiling water. Simmer ten minutes, then stir in one tablespoonful of honey; when

nearly cold add thirty drops of essence of peppermint, bottle for use; four tablespoonfuls makes a delicious drink; essence of ginger can be used in the same way.

DRINK FOR THE HARVEST OR HAYFIELD.

Four gallons boiling water, 1-lb. medium oatmeal, 1-lb. sugar, four lemons sliced, pour boiling water over these ingredients, and stir well. Can be drunk either warm or cold.

GINGER WINE.

One drachm essence of cayenne, two drachms essence ginger, a little burnt sugar, 1½-lbs lump sugar, five pints boiling water, ¼-oz. tartaric acid, added when cold, bottle; it will keep for twelve months. Use with hot or cold water.

BARLEY LEMONADE.

Take 4-oz. sugar and half pint water, boil together for ten minutes, grate the rind of one lemon and the bruised pulp of two, let it boil for a minute or two longer, then add two quarts barley water; boil up, pass through a strainer, when cold it is ready for use.

OATMEAL TEA.

Put two or three tablespoonfuls oatmeal into a jug with a little salt, pour on it a pint and a half boiling water, let stand a few minutes, then use by pouring off the liquid into tumbler, adding a little milk and salt, or sugar. This is a nice lunch or supper drink, with bread and cheese or bread and butter.

BARLEY WATER.

Wash 3-oz. of pearl barley, pour on it two quarts water, boil down to one quart and strain, it may be flavoured with sugar and lemon juice, or ginger. It is a wholesome and nourishing drink, and good in colds and fevers.

OATMEAL DRINK.

Allow a tablespoonful of coarse Scotch oatmeal to every quart of water, boil twenty minutes, add lemon peel, sugar, ginger, or nutmeg, to taste ; this is a most cooling and nutritious beverage. In hot weather it should be made overnight.

BAKED MILK.

New milk put into a stone jar, tied over tightly, and placed in a steady moderate oven for several hours, makes a very nourishing drink, which is nearly equal to cream. Eaten with stewed fruit or jam this is excellent.

RASPBERRY VINEGAR.

To every pint of rasps, add one gill of white wine vinegar, let it stand twenty-four hours, then strain through a hair sieve. but do not bruise the rasps. To every pound of juice add $1\frac{1}{2}$ lbs. of lump sugar, let it simmer twenty minutes, but do not let boil ; bottle for use.

SUMMER DRINK.

Bruise two large sticks of rhubarb and add two tablespoonfuls of sugar, put in a quart jug and pour on the fruit 3 gills of boiling water ; let it cool and it is ready for drinking.

A FAMOUS DRINK.

Place a breakfast cup full of well washed pearl barley in a dome shaped strainer, put this over a two gallon jug or other vessel, add eight lumps of sugar and the rind of eight lemons, then boiling water must be allowed to slowly go through this. Boil 10 minutes, strain and cool.

A MIDSUMMER DRINK.

12-lbs ripe strawberries or raspas in a pan, pour over them 3 quarts of water in which 3-oz. of tartaric acid has been dissolved, let it stand 2 days, stir frequently, but do not bruise or break the fruit or it will not be clear, strain through muslin, add 1-lb of sugar to each pint, stir well until the sugar is dissolved then bottle and cork tightly and tie down with wet bladder, keep in a cool place. One tablespoonful to a tumbler of water.

AMERICAN DRINKS.

BRUNSWICK.

Half tablespoonful of sugar, one fresh egg, half a glass of finely broken ice; mix well, strain into glass, and serve with straws.

LEMONADE.

Use large glass, tablespoonful sugar, three or four dashes of lemon juice, three or four lumps of ice, fill the glass with water, shake well, ornament with fresh fruit: serve with straws.

EGG LEMONADE.

One fresh egg, tablespoonful sugar, four or five dashes lemon juice, four or five lumps of ice ; fill with water, shake well, and strain.

SODA LEMONADE.

Tablespoonful sugar, three or four dashes lemon juice, three or four lumps ice, a bottle of plain soda water ; stir well, and serve with straws.

ORANGEADE.

Tablespoonful of sugar, squeeze the juice of one orange, fill glass half full of shaved ice, fill with water ; dress with fruit, and serve with straws.

SWEETS AND CREAMS.

TRIFLE.

Three-quarter pint of double cream, one pint of custard, one tin of apricots, five or six small sponge cakes, 3-oz. macaroons, 3-oz. ratafias, 2-oz. of almonds, blanched and peeled, 12 pistachio nuts, blanched, peeled, and finely chopped ; pour all the syrup from the apricots into an enamelled pan, add one tablespoonful castor sugar, a pinch of powdered cinnamon, two tablespoonfuls of lemon juice, and one-eighth pint of any fruit syrup, allow it to boil, and pour over the apricots, then pour off and allow to get cool. For the custard, put into a pan one pint of milk, a strip of yellow lemon rind, and a bay leaf, allow it to infuse one hour in a warm place (not hot), then add yolks of

three eggs, one tablespoonful of castor sugar, one dessertspoonful flour, and tiny pinch of salt, place on the fire, stir well until thick and smooth, then add a little vanilla. use when quite cold, the cream should be whipped quite stiff, sprinkling lightly over, just before using, a tablespoonful of castor sugar and a little vanilla. Place at the bottom of the dish a layer of sponge cake, cut in pieces. then one-third of macaroons. broken in two, and one-third of ratafias, moisten these with syrup from apricots, next place layer of apricots and sprinkling of almonds, and cover with custard, put on in spoonfuls. Proceed thus until material is all used, forming into pyramid shape as you go along. Now place over all the cream, in rocky lump, then sprinkle over the pistachio nuts.

ANOTHER TRIFLE.

Six penny sponge cakes, $\frac{1}{4}$ -lb. ratafia biscuits, juice from a tin of pine apple, custard. Place sponge cakes in a glass dish, having first split them and placed a layer of raspberry jam between, distribute the biscuits amongst them, then soak them with the pine apple juice. Next make the custard. with four eggs and one quart of new milk, if pine apple juice is not handy the juice of two oranges and one lemon with a little water and sugar will do, whip some cream and put on the top; decorate with candied fruits, or pink sugar.

FRUIT TRIFLE.

Place the pears from a tin in a trifle dish, take a pink jelly square, put in a basin, put the juice from the pears into a pint measure, fill up with water and make it hot enough to melt the jelly, when cool enough pour

over the pears and let this set, make three gills of good custard, pour over, then finish with a layer of whipped cream, garnish with glacé cherries and angelica, or according to taste; coloured jelly looks best with pears, but apricots with yellow jelly is very nice.

TRIFLE OR SWISS CREAM.

Flavour with lemon rind and cinnamon a pint of thin cream, having taken from it as much as will mix to a thin batter four teaspoonfuls of flour, sweeten with 6-oz. sugar, place it over the fire in a saucepan and when it boils stir in the flour and simmer it four minutes, stirring all the time, let it stand to get cold, then mix carefully with the strained juice of two lemons. Put a $\frac{1}{4}$ -lb. of macaroons into a glass dish, pour in the cream, ornament it with some whipped cream and candied citron shred thinly or candied cherries; ground rice can be used instead of flour.

APRICOT CREAMS.

Whisk $\frac{1}{2}$ -pint of thick cream, into which has been put three tablespoonfuls of apricot jam, one tablespoonful of sugar and a tablespoonful of lemon juice, whisk till thick. Fill small paper soufflé cases, which can be obtained at the stationers, decorate on the top with preserved cherries and a strip of angelica.

PEARS IN JELLY.

Open a tin of pears, take out the fruit and put it into glass dishes (there will be enough for two medium size), put the juice into a pint measure and fill up with water, put this on the fire in a pan and let it nearly come to a boil, then pour on a Chivers' lemon jelly that has been

cut in pieces and put into a jug, stir it till melted, and when nearly cold pour on the pears.

NUT CREAM FOR SANDWICHES.

$\frac{1}{4}$ -lb. Brazil nuts, $\frac{1}{4}$ -lb. Barcelona, $\frac{1}{4}$ -lb. walnuts, $\frac{1}{4}$ -lb. almonds, cream, and sugar. Shell the nuts and pass them through a nut mill, then add 2-oz. to 3-oz. fine castor sugar and enough rich cream to make this of a suitable consistency to be used for sandwiches, do not make too sweet.

A NEW MINCEMEAT.

1-lb. Valentia raisins, 1-lb. Sultana raisins, 2-lbs. juicy apples (weigh after paring), 2-ozs. candied citron, 4-ozs. candied lemon, 2-ozs. candied orange peel, one nutmeg grated, $\frac{1}{4}$ teaspoonful of allspice, a pinch of salt. 1-lb. Brazil nuts, 1-lb. chestnuts, 4-ozs. almonds, 1-lb. sugar; all these ingredients to be passed through a mincing machine, or finely chopped and thoroughly mixed.

APRICOTS AND CREAMS OF POACHED EGGS.

Take a long round sponge cake, cut in slices, or slice one and cut rounds out with a cutter, place on a dish on which it is to be served. Take apricots from a tin, put one on each piece of sponge cake, round side up, boil the liquid from the tin with sugar to taste, let it get cold and pour a little on the cake, whip some cream and cover the cake all round the apricots.

LEMON JELLY.

The rinds of two lemons peeled very thinly, $1\frac{1}{2}$ -pints of water, $\frac{1}{2}$ -pint of lemon juice, 6-ozs. of sugar, 1-inch of cinnamon, 4 cloves, $1\frac{1}{4}$ -oz. of gelatine and two whites and shells of eggs. Put all these into a saucepan and whisk over the fire until it boils, then stop whisking, draw the pan to the side of the fire and let it stand until the scum cracks across the top. Scald a clean tea-cloth which must be tied to the legs of a stool upside down, pour the jelly through into a basin, if not clear the first time, pour through again.

FRUIT SALAD.

Take a tin each of pear, apricot, and pine apple chunks, cut the contents into dice, slice six bananas, peel two oranges and remove as much of the inner skin and pips as possible, tear the quarters in two, peel and core two apples, slice thinly. Put the juice in a pan making it up to two quarts with water and add $1\frac{1}{2}$ -lbs. sugar, boil up and pour over a lemon jelly square, this will thicken the syrup, let it cool, and then pour over the fruit; you can put in $\frac{1}{4}$ -lb. glacé cherries, some strawberries, rasps, or any fresh fruit to add colour.

FRUIT COMPOTES.

Take of strawberries, rasps, red currants, or any mixture liked of fresh fruits, make a syrup of 6-oz. of loaf sugar to $\frac{1}{2}$ -pint of water, boil till clear, then put in the fruit and boil a minute or two taking care not to break it, or put the fruit into a dish and pour over it the boiling syrup, serve with whipped cream if liked.

APPLE GINGER.

1-lb. lump sugar and $1\frac{1}{4}$ -pints of water boil and skim, then divide into four 3 or 4 apples, then add $\frac{1}{2}$ -oz. concentrated ginger and put into the syrup, boil till clear, lay in a dish and leave till cold.

TOMATO MARMALADE.

Remove the stalks from 4-lbs. of tomatoes, immerse in boiling water, remove the skins, slice the fruit thickly, put 1-gill of water into the preserving pan with 4-lbs. of sugar, stir and allow it to boil for 5 minutes, remove all scum, add the fruit and grated rind of 3 lemons also the juice, and boil quickly for 20 minutes.

MINCE MEAT.

2-lbs. currants, 2-lbs. raisins, 2-lbs. finely chopped suet, 4-lbs. peeled apples, 2-lbs. sugar, the juice of 3 oranges and 2 lemons, grated rind of the lemons, $\frac{1}{2}$ -lb. mixed candied peel. put apples, raisins, and half the currants through the mincing machine, mix well, this will keep good six months in a cool place.

PLUM PUDDING.

1-lb. currants, 1-lb. stoned raisins, 1-lb. sultanas, 1-lb. suet, 1-lb. bread crumbs, 1-lb. flour, 1-lb. sugar, a little alspice, 1 grated nutmeg, a little salt, 4-ozs. blanched almonds, cut in small peices and as much milk as will mix 3 beaten eggs, boil six hours; if wanted to be kept. remove the cloth from the basins cover with fine sugar $\frac{1}{2}$ an inch, press on with the hand, put on a cleau cloth, wrap in brown paper and tie up, don't turn upside down. Will keep a year if done this way. in a cool place.

ANOTHER TRIFLE.

Take half a large or one small tin of pineapple chunks, cut them into very small pieces, take 3 penny sponge buns and 2-oz. of ratafias, crumble all together, pour on a rich custard made with $\frac{1}{2}$ an oz. of gelatine and 4 eggs to 1 pint of milk sweetened to taste, mix all well together, put in a fancy mould which has been decorated with glacé cherries, when set turn out and serve with or without.

RASPBERRY JUNKET.

1 pint of milk, 1-oz. of castor sugar, 12 teaspoonfuls of raspberry acid (or syrup of any kind) a heaped table-spoonful of raspberry jam, $\frac{1}{4}$ a pint of cream whipped and sweetened and flavoured with vanilla essence, 1 teaspoonful essence of rennet and 12 ratafias; put a ratafias in the bottom of each custard glass, pour the raspberry acid over them then a little jam, warm the milk, add rennet and vanilla, fill up glasses, leave to set, put whipped cream on the top with a crystalized violet on the top.

MILK JELLY FOR INVALIDS.

Soak 1-oz. of gelatine in cold water over night, just enough to cover it, then pour on it 1 gill of boiling water, add $\frac{1}{2}$ -lb. lump sugar, stir in 1 pint of new milk cold and 2 well-beaten eggs, after mixing well stir in the juice of 3 lemons, pour into a mould and set.

MOLKIT TRIFLE.

Split 4 penny sponge buns, dip into milk quickly then spread each with a little whipped cream, put together again, put in a glass dish and pour over the following

mixture—1 pint of new milk, 3-oz. grated chocolate, 1 tablespoonful of flour, butter the size of a walnut, sugar to taste, 2 leaves of French gelatine, put the butter, sugar to taste, chocolate and gelatine in one third of the milk into a pan and stir over the fire till the chocolate, &c. is dissolved, then mix the flour smoothly with the rest of the milk and stir together till it comes to boil and thickens, when getting cool pour over the sponge cakes. When quite cold decorate with whipped cream.

TEMPERANCE REMEDIES.

SAFE STIMULANTS.

MRS. HIBBERT'S PICK-ME-UP.

Pour half a breakfastcupful of boiling water on as much cayenne pepper as would lie on a threepenny piece. sweeten to taste, add a good quantity of milk or cream.

FOR SUDDEN EMERGENCY.

Six drops of tincture of cayenne, in a tablespoonful of water, hot or cold, may be taken beneficially. Dr. Thatcher says there can be but little doubt that cayenne furnishes us with the purest stimulant that can be introduced into the human stomach. Another doctor says the surgeons in the French army have been in the habit of giving cayenne to the soldiers who were exhausted by fatigue.

COUGH MIXTURE.

4-ozs. juniper berries, 2-oz. Spanish juice, 2-ozs. honey, 2-ozs. sugar candy, $1\frac{1}{2}$ -ozs. extract of sarsaparilla. one tablespoonful of linseed. Add two quarts of water to juniper berries and linseed, and simmer down to one quart, strain, and add remainder of ingredients, boil for ten minutes. When cold add $\frac{1}{4}$ -oz. of paregoric, and bottle ready for use. Dose, a teaspoonful when the cough is troublesome.

FOR NEURALGIA.

Sulphate of quinine sixteen grains, diluted sulphuric acid half drachm, water 8-oz. Take a tablespoonful in half a wineglass of water three times a day after meals.

LINSEED TEA FOR A BAD COUGH.

A teacupful of linseed, 1-oz. of Spanish juice, 1-oz. of sugar candy, and a handful of raisins, two quarts of water, boil till reduced to half, strain, and stir into it the juice of a lemon. Take a sip when the cough is troublesome; it is best to be drunk warm.

*Additional copies may be obtained from Mrs. Lee,
Briarmead, Heaton, Bradford. Vice-President
Heaton Branch.*

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